

Curriculum Vitae

Female



Number of years working in industry:

11 years 4 months

Candidate ID Number: 28820

Nationality: British, British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Yoga / Pilates Teacher

Personal Statement

I began my yoga journey whilst living and teaching English in Thailand in 2010 where I was transformed by the physical, mental and spiritual benefits of yoga and meditation. I initially began practicing Mindfulness Meditation where I discovered the power of the mind and the ability to find peace within. Later, I went on to practice Ashtanga and Vinyasa Flow Yoga under the guidance of Ling Yabsuwankul for two and a half years.

Since then, I have qualified as a Childrens yoga teacher with Yogakidz worldwide and have taught yoga and meditation classes for children and adults in schools and studios, both in Thailand and England since 2012.

In August 2015, I received my 200 hours yoga teacher training certificated under Guru Mahi of Siddhi Yoga in Dharamasala, India.

I now teach in Bristol in a variety of settings including studios, schools and universities.

For me, yoga is about synchronizing the breath with movement, whilst finding stability and comfort in the pose, in order to cultivate peace and love within the body and mind, both on and off the mat.

I am truly dedicated, compassionate and kind teacher with a passion for helping others thrive in life by nurturing and uniting body, mind and soul through yoga.

Seeing to work in national and international locations

Employment History:

October 2014 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Bristol, UK - United Kingdom, (Home/Mobile)

Duties included:

- Setting up and cleaning the room before the session
- Demonstrating, instructing, observing and adjusting each students using proper alignment to ensure maximum benefit and safety as they perform the asana
- Provide a short meditation at the beginning and end of the session in order to centre the students
- Offering variations for lower or high abilities, whilst respecting students limitations and injuries
- Teaching with authenticity, clarity, empathy, understanding and compassion
- Planning and creating level appropriate sequences. Improvising plans to match the energy level of the group
- Promoting and marketing my business in the local community, online and in social media

SKILLS USED- CHILDRENS YOGA

- Devising fun and imaginative lessons, games, stories, partner poses and relaxations for children aged 4-19
- Incorporating yoga asana, philosophy, meditations and pranayama into class to give students a fun and creative introduction to yoga.
- Creating a safe, friendly, calm and fun environment for children to discover and explore their own bodies and minds

Education and Qualifications:

2015 Glamorgan University, Wales

BA Hons Degree Drama, Theatre and Media

2015 Siddhi Yoga, India

Yoga teacher training

Yoga Teacher Training

2003 Callington Community College

A level- Drama-B, Music-C, French-D, Health and Socail Care-C

GCSE

Math-C, Science-CC, English- CC, Drama-A, Food tech-B, Geography, RE, PE-B,

Vocational Qualifications

Children's Yoga teacher

IT skills

Marketing and promotional skills

CV created at www.spastaff.com

SPA STAFF.COM
